

**SAN BERNARDINO COUNTY  
OFFICE OF EMERGENCY SERVICES  
TIPS TO PREVENT HEAT-RELATED ILLNESSES**

**General Tips**

- Never leave infants, children or the frail elderly unattended in a parked car.
- Drink plenty of fluids. Don't wait until you're thirsty.
- Dress in lightweight, loose-fitting clothing. Use a hat and sunscreen as needed.
- Drink fruit juice or a sports beverage to replace salts and minerals lost during heavy sweating. (If a client/resident is on a low-sodium diet, check with his/her physician first.)
- During the hottest parts of the day, keep physical activities to a minimum and stay indoors in air-conditioning and out of the sun.
- Use fans as needed.
- Open windows to allow fresh air to circulate when appropriate.
- Use cool compresses, misting, showers and baths.
- Avoid hot foods and heavy meals—they add heat to the body. Eat frozen treats.

**Power Outages**

- If your power goes off for more than a few minutes, call Southern California Edison at 800-611-1911

**Heat Stroke and Heat Exhaustion**

Heat stroke—which occurs when the body can't control its temperature—may result in disability or death if emergency treatment is not given. Heat exhaustion occurs when the body loses a large amount of water and salt contained in sweat.

Warning signs of heat stroke vary, but may include:

- An extremely high body temperature (above 103 degrees Fahrenheit, orally)
- Unconsciousness
- Dizziness, nausea and confusion
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache

Warning signs of heat exhaustion vary, but may include:

- Heavy sweating
- Muscle cramps
- Weakness
- Headache
- Nausea or vomiting
- Paleness, tiredness, dizziness

**What to Do**

If you see any of these signs for heat stroke or heat exhaustion, you may be dealing with a life-threatening emergency and should do the following:

- Have someone call 911 while you begin cooling the victim.
- Get the victim to a shady area.
- Cool the victim rapidly with a cool bath or shower, or by sponging with cool water, until body temperature drops to 101-102 degrees Fahrenheit, orally.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Again, get medical assistance as soon as possible.

If a victim's muscles twitch uncontrollably as a result of heat stroke, keep the victim from injuring him/herself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his/her side.

**Elderly and At-Risk Populations**

To report a senior or disabled adult who may be at risk due to the high temps, call 1-877-565-2020. For general information call the Senior Information and Assistance staff (SIA) at 800-510-2020. This number will put the caller in touch with SIA staff in the geographic area of the caller.

**General Information and Resources**

For more information on resources for residents, please call 2-1-1 or (888) 435-7565.